

Gone Fishin'

Makes: 50 servings

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Ingredients	Weight	Measure
Fish fillets, frozen, unbreaded, cut into strips	7 1/2 lbs	
Paprika		3 tsp
Pepper, red/cayenne		3/4 tsp
Pepper, black		1 1/2 tsp
Oregano, ground		1 1/2 tsp
Thyme, ground		1 1/2 tsp
Oil, vegetable		1 1/2 cups
Lemon juice		10 Tbsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	43	
Total Fat	2 g	
Protein	7 g	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	27 mg	

Directions

1. Place fish portions on an ungreased pan.
2. Mix seasonings in a small bowl. Place in a shaker.
3. Sprinkle lemon juice over the top of the fish fillets.
4. Shake seasoning mix over fish fillets.
5. Lightly spray or drizzle oil over the seasonings.
6. Bake at 350°F for 20 minutes or until fish flakes easily with fork.

Notes

Serving Tips:

This fish can be served over lettuce for a salad or served with vegetables in a tortilla as a fish taco!